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DEPARTMENT OF THE AIR FORCE

HEADQUARTERS UNITED STATES AIR FORCE ACADEMY

USAF ACADEMY COLORADO

29 Sep 03

MEMORANDUM FOR: COMMANDERS, SUPERVISORS AND
UNIT SAFETY REPRESENTATIVES (USR)

FROM: HQ USAFA/SE

SUBJECT: FALL SAFETY PACKAGE

1. Congratulations! The USAFA 101 Critical Days of Summer campaign was a success with zero fatalities. As we ease into the fall and colder weather, your USAFA safety staff has assembled the attached safety campaign timeline and articles for your use. It is designed to assist supervisors and unit safety reps as you continue to push personal and driver safety. Hunting season, holiday driving and heating appliances are all potential threats to the safety and well-being of our personnel.
2. Please feel free to use the attached articles at your discretion for safety messages throughout the season. Using the fall safety campaign as a timeline, we will periodically distribute safety bulletins and flyers, print articles in the base paper, and provide videos for your use. As always, your safety office staff stands ready to speak to your organizations on topics of your choice. We can also assist in arranging guest speakers from outside agencies. Have a fun and safe season.

//Signed//

H.E. WATERS, JR., Lt Col, USAF
Director, USAFA Safety

Fall Safety Campaign

Week 1 (29 Sep - 4 Oct 03) - Fall Safety

Release Fall Safety package
Winterizing your vehicle checklist
 - Emergency vehicle kit
Hunting Safety

Week 2 (5 - 11 Oct) - National Fire Safety Week

“Gen X, Y, Zafety” video clip
Fire Safety Week
Keeping warm with your surroundings
 - Purchasing heating appliances
 - Portable space heaters safety

Week 3 (12 - 18 Oct)

Dorm/Home safety
 - Dorm checklist use
 - Fire detectors
 - Fireplace safety

Week 4 (19 - 25 Oct) - Winter Safety

Winter Driving Safety
USAFA snow routes & winter survival
CDOT Winter Safety Tips
Cold weather awareness/dress and protection
Hypothermia

Week 5 (26 Oct - 1 Nov)

Halloween
Elk hunting
Dorm Fire Drills

Week 6 (2 - 8 Nov) - Driver Safety Week

“Time to Learn/Time to Live”
Colorado State Patrol mass briefings
 - Drinking and Driving
 - Road Rage/Aggressive Driving
Driving and Cell Phones
333-RIDE cards

Week 7 (9 - 15 Nov)

Release Winter Safety package
Draft letter to the parents from Gen Weida on cadet holiday safety
Winter Sports - Skiing/Snowboarding
Seatbelt Safety
Seatbelt checks performed by cadet wing

Week 8 (16 - 22 Nov) - Holiday/Training Event Safety

Release letter to the parents from Gen Weida on cadet holiday safety
Holiday Safety briefing
Long distance driving
- "Drowsy Driver" video
Wrecked vehicle display/storyboard
- Drunk goggle demo
Training Event Safety briefing (prop & wings)

Week 9 (23 - 29 Nov)

Gen Weida holiday safety message
Thanksgiving/Food Safety
THANKSGIVING BREAK

(A look ahead to winter)

Week 10 (30 Nov - 6 Dec)

Christmas Decoration Safety

Week 11 (7 - 13 Dec) - Holiday Safety

Gen Rosa holiday safety message
Holiday Safety Briefing
Christmas Break Driving Safety
Deer Hunting

Week 12 (14 - 20 Dec)

Wrecked vehicle display at Falcon Stadium
FINALS/CHRISTMAS BREAK

Week 13 (21 Dec - 5 Jan)

CHRISTMAS BREAK

Seat belt safety

Safety belts are the most effective means of saving lives and reducing serious injuries in traffic crashes.

Traffic crashes are the leading cause of death to children in America. And each year in the U.S., approximately 1,800 children ages 14 and under are killed as occupants in motor vehicles and more than 280,000 are injured.

Safety belts, air bags and proper child safety seats, when used consistently and correctly, can significantly reduce the rate of injury in a crash.

The number of lives saved could be substantially increased if more people used safety belts.

Life-saving advice

- Always wear lap and shoulder belt.
- Never place shoulder belt under your arm or behind your back.
- Always use rear-facing child seats for children under 20 lbs and 1 year old.
- Always use forward-facing child seats for children 20-40 lbs and over 1 year old.
- Never place rear-facing child seat in front seat of vehicle with passenger side airbags.

Child safety seats

More than 80% of child safety seats are not used correctly.

The correct installation of child safety seats is often very confusing to parents, grandparents and caregivers. New technology in vehicles and child safety seats adds to this confusion.



Fact vs. Myth:

Myth: "I don't need my seat belt if I'm traveling at low speeds or going on a short trip."

Fact: Eighty percent of car crashes occur at speeds less than 40 miles per hour. Three out of four crashes causing death usually occur within 24 miles of home.

Myth: "If I wear a seat belt my clothes will get wrinkled."

Fact: Seat belts do wrinkle clothes, but just sitting or wearing clothes also wrinkles clothes. Wrinkled clothes is a small price to pay for safety.

Myth: If a crash occurred, I'm strong enough to brace myself or hold a child on my lap."

Fact: Even at just 10 miles per hour the force of impact is equivalent to catching a 200 pound bag of cement from a first story window. Holding a child on you lap is like holding onto a speeding bullet.

Myth: "It takes too much time and trouble to fasten my seat belt."

Fact: Fastening a seat belt on average takes about two seconds! Two seconds could be the difference between life or death.

Myth: "I might be trapped in a car if I wear a seat belt."

Fact: Without a seat belt on you might be stunned or knocked unconscious, which significantly reduces your chances of escaping from a car. You are more likely to be unhurt, alert and capable of escaping quickly when you wear a seat belt at all times.



Seat Belts Save Lives

One out of three people will be involved in a serious car crash, and wearing a seat belt is the best protection.

Seat Belts:

- Disperse the impact of a crash over the stronger parts of your body.
- Hold you in your seat and inside the car.
- Let you maintain control of the car.
- Work simultaneously with air bags.
-

It's the Law in Colorado

Drivers are required to use seat belts when operating motor vehicles.

Drivers are required to see to it that front seat passengers under 15 are properly restrained by seat belts.

Dealing with Aggressive Driving Behavior

Here are tips for reducing your own stress while driving and dealing with the aggressive driving habits of others.

Help Get the Word Out

Discuss aggressive driving with members of your family, friends, individuals, and community groups.

Realize that traffic crashes are sometimes caused by the way we drive.

Motor vehicle crashes are not inevitable, they are avoidable.

Reduce your stress when you drive.

Allow plenty of time for the trip, listen to soothing music, improve the comfort in your vehicle, and understand that you cannot control traffic, only your reaction to it. In the end, you may find that personal frustration, anger, and impatience may be the most dangerous "drugs" on the highway.

Assume other drivers' mistakes are not personal.

Be polite and courteous, even if the other driver is not. Avoid all conflict if possible. If another driver challenges you, take a deep breath, and move out of the way. Never underestimate the other driver's capacity for causing mayhem.

Report aggressive drivers.

Some states have a cellular telephone number that motorists can use to report dangerous driving to the appropriate law enforcement agency. If you have a cellular telephone in your vehicle, keep the number handy. Then, when you see a driver operating a vehicle in a threatening manner, you or a passenger should make the call. Make sure you give a vehicle description, license number, the location, and direction of travel. You could prevent a tragedy.

Be a courteous driver.

Everyone has the power to set an example, and this will help make our roadways safer.

- Control your own anger
- Don't take traffic problems personally.
- Avoid making eye contact with an aggressive driver.
- Don't make obscene gestures.
- Don't tailgate.
- Use your horn sparingly. (Even a polite honk can be misinterpreted.)
- Don't block the passing lane.
- Don't block the right-hand turn lane.

Know what to do

If you are confronted by an aggressive driver, go to the nearest police station. Also make sure your doors are locked at all times, and if you're stopped in traffic, leave enough space to pull out from behind the car you are following.

Colorado Department of Transportation

Winter Driving Tips

What are CDOT's recommendations for safe winter travel?

CDOT recommends that all drivers follow a comprehensive safety plan, including the following:

- Always keep the top half of your gas tank full. It can give you better traction and gives you a bigger margin of error if you get stuck and have to keep the engine running periodically to keep warm.
- If you are stuck in a serious storm do not leave your car. Run the engine periodically and wait for help.
- Carry blankets, water, a flashlight, a shovel, some nutrition bars or even candy bars for sustenance. Winterize your vehicle's safety kit by including extra blankets, sand to help gain traction in the event you become stuck on ice or snow, jumper cables, an ice scraper and lock de-icer.
- Remember that 4-wheel drive does not mean 4-wheel stop. A 4-wheel drive vehicle will not stop any better in icy conditions.
- Be sure of your route. Don't go exploring in the back-country without some local knowledge, especially during a storm or when one is bearing down anywhere near your location. The weather can change quickly and violently in the Rocky Mountains and not necessarily only in the heart of winter.
- Be sure you have good tires. The Colorado State Patrol recommends at least 1/8 of an inch tread depth. All season radials on a front-wheel-drive passenger vehicle are adequate for most situations. Snow tires on most rear wheel drive vehicles are usually adequate. Chain restrictions in Colorado are most often put into effect for commercial vehicles (semi trailer trucks) and do not usually affect passenger vehicles.
- In poor visibility or even whiteout conditions, don't drive faster than you can see ahead. High speeds in poor or no visibility can lead to large chain reaction accidents. Remember you can't see around mountain curves and corners either.

In addition to these winter driving tips, CDOT reminds all motorists to respect winter weather, conduct a pre-trip inspection of your vehicle, leave extra space between your automobile and others on the road, and never drink and drive. Of course, always **buckle up!**

Frequently Asked Questions

Winter Driving Preparedness

Q: *Where can I get information on important ways to prepare for winter driving?*

A: As CDOT continues to develop the Winter Driving Initiative, you will find more information about how to prepare for winter driving in Colorado on the Winter Driving Initiative portion of the www.cotrip.org Web site.

Q: *What are CDOT's recommendations for safe winter travel?*

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 4. Remember that 4-wheel drive does not mean 4-wheel stop. A 4-wheel drive vehicle will not stop any better on sheer ice than a 2-wheel drive vehicle.
 5. Be sure of your route. Don't go exploring in the backcountry without some local knowledge, especially during a storm or when one is bearing-down anywhere near your location. The weather can change quickly and violently in the Rocky Mountains and not necessarily only in the heart of winter.
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- In addition to these winter driving tips, CDOT reminds all motorists to respect winter weather, conduct a pre-trip inspection of your vehicle, leave extra space between your automobile and others on the road, and never drink and drive. Of course, ***always buckle up!*** <http://www.dot.state.co.us/>

Driving and Using Your Cell Phone

- Use your cell phone only when parked, or have a passenger use it.
- Never dial the phone or take notes while driving.
- If your phone rings while driving, let the cellular voice mail service take the call and listen to the message later when you are parked.
- AND, for those who would argue that talking on your cell phone is no more dangerous than putting on makeup, eating fast food, or reading a map while driving....
- These tips are meant to protect you, your family, and everyone else on the road. Cell phones are wonderful tools, when used safely.

The cellular phone industry posts the following tips, which we believe are insufficient for driving safety. Still, if you follow only these safety tips, you can make a big difference in the safety of our roads:

Get to know your phone and its features such as speed dial and redial. Carefully read your instruction manual and learn to take advantage of valuable features most phones



offer including, automatic redial and memory dial-most phones can store up to 99 numbers in memory dial. Also, work to memorize the phone keypad so you can use the speed dial function without taking your attention off the road.

When available, use a hands free device. A number of hands free wireless phone accessories are readily available today.

Whether you choose an installed mounted device for your phone or a speaker phone accessory, take advantage of these devices if available to you. (**Note, studies have shown that the distraction of a driver's attention from the road contributes to accidents involving cellular phones and that handsfree devices do not reduce the incidence of accidents**)

Position your phone within easy reach. Make sure you place your wireless phone within easy reach and where you can grab it without removing your eyes from the road. If you get an incoming call at an inconvenient time, let your voice mail answer it for you.

Suspend conversations during hazardous driving conditions or situations. Let the person you are speaking to know you are driving; if necessary, suspend the call in heavy traffic or hazardous weather conditions. Rain, sleet, snow and ice can be hazardous, but so is heavy traffic. As a driver, your first responsibility is to pay attention to the road.

Do not take notes or look up phone numbers while driving. If you are reading an address book or business card while driving a car, or writing a "to do" list, then you are not watching where you are going. It's common sense. Don't get caught in a dangerous situation because you are reading or writing and not paying attention to the road or nearby vehicles.

Dial sensibly and assess the traffic; if possible, place calls when you are not moving or before pulling into traffic. Try to plan your calls before you begin your trip, or attempt to coincide your calls with times you may be stopped at a stop sign, red light or otherwise stationary. But if you need to dial while driving, follow this simple tip-dial only a few numbers, check the road and your mirrors, then continue.

Do not engage in stressful or emotional conversations that may be distracting. Stressful or emotional conversations and driving do not mix-they are distracting and even dangerous when you are behind the wheel. Make people you are talking with aware you are driving and if necessary, suspend phone conversations which have the potential to divert your attention from the road.

Use your phone to call for help. Your wireless phone is one of the greatest tools you can own to protect yourself and your family in dangerous situations-with your phone at your side, help is only three numbers away. Dial 9-1-1 in the case of fire, traffic accident, road hazard, or medical emergencies. Remember, it is a free call on your wireless phone!



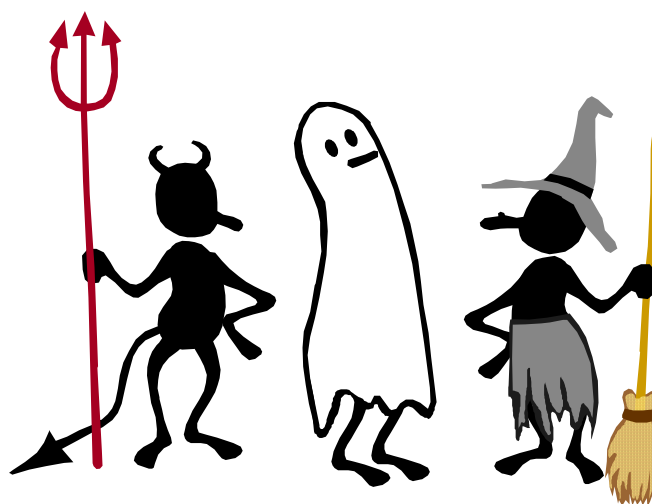
Use your phone to help others in emergencies. Your wireless phone provides you a perfect opportunity to be a "good Samaritan" in your community. If you see an auto accident, crime in progress or other serious emergency where lives are in danger, call 9-1-1, as you would want others to do for you.

Call roadside assistance or a special wireless non-emergency assistance number when necessary. Certain situations you encounter while driving may require attention, but are not urgent enough to merit a call to 9-1-1. But you can still use your wireless phone to lend a hand. If you see a broken-down vehicle posing no serious hazard, a broken traffic signal, a minor traffic accident where no one appears injured, or a vehicle you know to be stolen, call roadside assistance or other special non-emergency wireless number.

HALLOWEEN SAFETY TIPS

BEFORE HALLOWEEN:

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Secure emergency identification (name, address, phone number) discreetly within Halloween attire or on a bracelet.
- Because a mask can limit or block eyesight, consider non-toxic and hypoallergenic makeup or a decorative hat as a safe alternative.
- When shopping for costumes, wigs and accessories purchase only those with a label indicating they are flame resistant.
- Think twice before using simulated knives, guns or swords. If such props must be used, be certain they do not appear authentic and are soft and flexible to prevent injury.
- Obtain flashlights with fresh batteries for all children and their escorts.
- Plan ahead to use only battery powered lanterns or chemical light sticks in place of candles in decorations and costumes.
- This is also a great time to buy fresh batteries for your home Smoke Alarms.
- Teach children their home phone number and to how call 9-1-1 (or their local emergency number) if they have an emergency or become lost. Remind them that 9-1-1 can be dialed free from any phone.
- Review with your children the principle of "Stop-Drop-Roll", should their clothes catch on fire.
- Openly discuss appropriate and inappropriate behavior at Halloween time.
- Consider purchasing individually packaged healthy food alternatives (or safe non-food treats) for those who visit your home.
- Take extra effort to eliminate tripping hazards on your porch and walkway. Check around your property for flower pots, low tree limbs, support wires or garden hoses that may prove hazardous to young children rushing from house to house.
- Learn or review CPR skills to aid someone who is choking or having a heart attack.
- Consider safe party guidelines when hosting an Adult or Office Party.



FUN ALTERNATIVES:

- Find a special event or start one in your own neighborhood.
- Community Centers, Shopping Malls and Houses of Worship may have organized festivities.
- Share the fun by arranging a visit to a Retirement Home or Senior Center.
- Create an alliance with College Fraternities, Sororities or Service Clubs for children's face painting or a carnival.

BEFORE NIGHTFALL ON HALLOWEEN:

- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.



- Consider fire safety when decorating. Do not overload electrical outlets with holiday lighting or special effects, and do not block exit doors.
- While children can help with the fun of designing a Jack O' Lantern, leave the carving to adults.
- Always keep Jack O' Lanterns and hot electric lamps far away from drapes, decorations, flammable materials or areas where children and pets will be

standing or walking.

- Plan and review with your children the route and behavior which is acceptable to you.
- Do not permit children to bicycle, roller-blade or skateboard.
- Agree on a specific time when revelers must return home.
- Along with flashlights for all, older children and escorts should wear a wristwatch and carry coins for non-emergency phone calls.
- Confine, segregate or otherwise prepare household pets for an evening of frightful sights and sounds. Be sure that all dogs and cats are wearing collars and proper identification tags. Consult your veterinarian for further advice.
- Remind all household drivers to remain cautious and drive slowly throughout the community.
- Adult partygoers should establish and reward a designated driver.

WHEN TRICK-OR-TREATING:

- A Parent or responsible Adult should always accompany young children on their neighborhood rounds.
- Remind Trick-or-Treaters:
 - By using a flashlight, they can see and be seen by others.
 - Stay in a group, walk slowly and communicate where you are going.
 - Only trick-or-treat in well known neighborhoods at homes that have a porch light on.
 - Remain on well-lit streets and always use the sidewalk.
 - If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.
 - Never cut across yards or use alleys.
 - Never enter a stranger's home or car for a treat.
 - Obey all traffic and pedestrian regulations.
 - Always walk. Never run across a street.
 - Only cross the street as a group in established crosswalks (as recognized by local custom).
 - Remove any mask or item that will limit eyesight before crossing a street, driveway or alley.
 - Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will.
 - Never consume unwrapped food items or open beverages that may be offered.
 - No treats are to be eaten until they are thoroughly checked by an Adult at home.
 - Law Enforcement authorities should be notified immediately of any suspicious or unlawful activity.



AFTER TRICK-OR-TREATING:

- Wait until children are home to sort and check treats. Though tampering is rare, a responsible Adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to apportion treats for the days following Halloween.
- Although sharing is encouraged, make sure items that can cause choking (such as hard candies), are given only to those of an appropriate age.

Thanksgiving Safety

With fire-wise common sense, you can make sure tragedy does not come between you and the festive holiday you have planned. Follow these fire prevention tips to help you and your family have a safe and happy Thanksgiving.

- ◆ Keep your family and overnight guests safe with a working smoke detector on every level of the house, in every bedroom, and in the halls adjacent to the bedrooms. Test smoke detectors monthly and replace batteries at least twice a year.
- ◆ Overnight guests should be instructed on the fire escape plan and designated meeting place for your home.
- ◆ Have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.
- ◆ A 2-1/2 lb. class ABC multi-purpose dry chemical extinguisher is recommended. Know how to use your fire extinguisher.
- ◆ Start holiday cooking with a clean stove and oven.
- ◆ Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.
- ◆ When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- ◆ Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- ◆ Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked. Unattended cooking is one the main causes of home fires.

◆ Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.

◆ Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candle holder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around it.

◆ If smoking is allowed inside, provide guests with large, deep ashtrays and check them frequently. After guests leave, check inside and under upholstery and in trash cans for cigarette butts that may be smoldering.

Turkey Safety

Thanksgiving would not be the same without turkeys, yet very few people take the time to learn how to handle them properly. Any



poultry needs special attention when handling. Thawing a frozen turkey the proper way is important to the safety of your family.

Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria. The safest way to thaw a turkey is to thaw it in the refrigerator. You should do this

with the turkey still in its' own unopened wrapper breast facing up and placed on a tray.

The accepted rule of thumb for time is 1 day refrigerator thawing for every four pounds of turkey.

Space Heater Safety

Safer home heating: UL advises caution when using space heaters - Supplemental heating equipment leading cause of home fires during cold weather

If you plan to use space heaters to help heat your home this winter, use extreme caution, advises the safety professionals at Underwriters Laboratories Inc. (UL). According to the National Fire Protection Association (NFPA) supplemental heating equipment, such as electrical and kerosene heaters, is the leading cause of home fires during the months of December, January and February and trails only cooking equipment as the leading cause of home fires year-round.

"Central home heating systems are not the main fire culprits, but space heaters are," says John Drengenberg, UL's Global Consumer Affairs manager. "Consumers should know that space heaters need space and they should be placed at least 3 feet away from anything that can burn."

UL offers the following safety tips and precautions when using space heaters:

- Space heaters have one function - to provide supplemental heat. Don't use them to warm bedding, cook food, thaw pipes or dry clothing. Misusing space heaters can put you and your family at risk of fire or burn injuries.
- Select heating equipment that has the UL Mark. The UL Mark on a product means that UL technical staff members have tested representative samples of the product for foreseeable safety hazards.
- Remember that 3-foot safety zone. Keep things that burn at least 3 feet away from space heaters.
- Turn off space heaters when you are not in the room or when you go to sleep.
- Supervise children and pets at all times when space heaters are in use. Even the slightest contact with a heating coil or element can cause a severe burn.
- If you have an electric space heater, check for frayed insulation, broken wires or overheating. Have all problems repaired by a professional technician before operating.
- When buying space heaters, look for devices with automatic shut-off features and heating element guards.
- If you have a liquid-fueled space heater, use only the fuel recommended by the manufacturer. Never use gasoline or any other substitute fuel. The wrong fuel could burn hotter than the equipment's design limits and cause a serious fire.
- When refueling, turn off the heater and let it cool down completely before adding fuel. Wipe up any spills promptly.
- If you're considering buying a kerosene heater, check with your local fire department to find out if it is legal in your community.
- Avoid using extension cords with space heaters. If you must use one, make sure you choose an extension cord of the right wire gauge size and type for your heaters.
- Keep the air heater's power supply cord away from high-traffic areas in your home. You don't want people walking on or tripping over the cord.

Unapproved Space Heater



Approved Space Heater

